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MICHAEL CERA PICKS A FIGHT
GETS TRAINING FOR PILGRIM FLICK {page 7}

PENN
ACTOR SLAMS WYCLEF'S BID
METRO DISH {page 8}

OTTAWA metro®
Monday, August 9, 2010
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Inmates getting older: New report

Federal government estimates inmates age a decade faster than other Canadians, due to hard-living lifestyles and health problems acquired in prison Experts insist price tag of housing older prisoners is steep

The number of federal inmates older than 50 surged by almost half in less than a decade as prisons undergo a demographic trend with wide-ranging implications for Canada's correctional system.

Figures provided by Correctional Service Canada peg their number at 2,379 of the 13,286 total inmates in 2009 — a 45 per cent hike from the 1,646 out of 12,663 people locked up in 2002.

The numbers will rise even further if the Conservative government passes its tough-on-crime agenda that aims to lock up convicts for longer periods, says Canada's federal prison ombudsman.

"We will see more people spending more time in prison," Howard Sapers, the correctional investigator of Canada, told the media.

THE CANADIAN PRESS

Military. Saluting fallen

▶ Lisa Gallagher, left, and Lise Coates were presented the United Nations' Dag Hammarskjöld Medal at the Peacekeepers' Day Ceremony in Ottawa yesterday. The medal is awarded to the families of peacekeepers killed during UN missions. Story, page 3

TIM WIECLAWSKI/METRO OTTAWA

Fallen officers remembered for National Peacekeepers' Day

Education

Do your homework in style

Designers give their tips on how to create a calm, organized zone for school work {page 12}

Where to put your baby pics

Editor offers tips on how to store photos of junior {page 9}

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1 news

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Anti-abortion sniper James Kopp won't face justice in Canada in connection with attacks on three doctors here. Read the story at metronews.ca

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Pedalling for a good cause

About 1,500 people in the Ottawa area have multiple sclerosis MS is the most common neurological disease among young adults in Canada

TRACEY TONG/METRO OTTAWA

Bob Keslick and his daughter Meaghan celebrate at Carleton University after completing the MS Society's RONA MS Bike Tour yesterday. The duo from Aurora, Ont., ride for a friend who has MS.

TRACEY TONG
@METRONEWS.CA

One hundred and eighty-five kilometres from Ottawa to Kemptville and back is a long way to bike, but that's nothing compared to the distance Monique Weston and her family travel every year to participate in the MS Society's RONA MS Bike Tour.

The family comes from New Braunfels, Texas, to ride on behalf of Weston's cousin, an MS patient, and a friend in Texas.

"You see that the money you raise helps people in their day-to-day life," said Weston. "It helps the society, it funds research and it's a wonderful cause."

In its 21st year, 650 cyclists raised $410,000 for the society over the weekend, said Nadene Lee of the MS Society of Canada.

The money will fund the organization's national and local programs and services for people living with MS.

"A lot of the money that we send to the national research program is sent back to us to fund the MS clinic at the Ottawa Hospital," she said.

Benefits

Mark Freedman, professor of neurology at the University of Ottawa and director of the MS clinic at the general campus of the Ottawa Hospital, has been participating for 17 years.

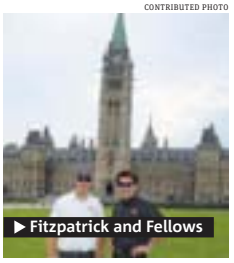
- The event is one of the major ways that the MS Society raises its research funds, Freedman said.
- Freedman's research has benefited from funds from the MS Society.
- Freedman has a basic research lab and does clinical research, which focuses on bone marrow transplant studies and stem cell transplant research.
- Awareness of MS is greater than in the past, which means more people are recognizing the early signs of the disease, he said.

Duo getting revved up for race

6

The age at which J.R. Fitzpatrick started racing. "I started in a go-cart and worked my way up from there," he said.

CONTRIBUTED PHOTO



Fitzpatrick and Fellows

Two Canadian drivers with good prospects in the NASCAR Nationwide race in Montreal Aug. 28-29 arrived in Ottawa to talk about the race recently.

Toronto-area resident Ron Fellows, who has won six NASCAR races over 12 years, including the Montreal race in 2008, said "our chances for this race are good. We're pretty confident we'll be a threat."

Cambridge, Ont., native J.R. Fitzpatrick recently won the Edmonton Indy.

The Montreal track is one of the 22-year-old's favourites, he said.

"And the fans there are die-hard race fans. They're great."

TRACEY TONG

News in brief

Police have a nose for suspect

CRIME. Police are looking for a suspect after a confectionary on Donald Street was robbed at knifepoint yesterday. A man entered the store brandishing a small edged weapon while demanding cash.

Police are seeking a skinny white male, around five-foot-six, with a very distinguishing large nose with a high bridge, which protruded through a hole in his balaclava. He was wearing dark clothing and dark sunglasses with round lenses. TRACEY TONG

Arrest in cabbie threat

CRIME. Police have arrested a suspect after an attempted robbery of a cab driver downtown.

At 3 a.m. on Saturday, police were called to the 100 block of Rideau Street. The taxi slowed down, expecting a fare, and was confronted by a suspect, who yelled out, "Give me all your money" while brandishing a large stick. The taxi driver fled before sustaining any injury or monetary loss. Police arrested a man shortly afterwards. TRACEY TONG

Sens sign new defenceman

HOCKEY. The Ottawa Senators have signed 26-year-old defenceman Andre Benoit to a one-year, two-way contract.

The five-foot-11, 186-pound native of St. Albert, Ont., spent last season with the American Hockey League's Hamilton Bulldogs. TRACEY TONG

O-Train work continues

TRANSIT. Improvements to the O-Train line will take longer than first anticipated, the city and OC Transpo said over the weekend.

The upgrades are expected to lead to more comfortable and reliable service for customers. Replacement shuttle bus service will continue for as long as is needed. Train service resumes Aug. 29. TRACEY TONG

Peacekeepers remembered with UN medal

Ceremony pays tribute to police, soldiers, foreign service officers who died on peacekeeping missions

TIM WIECLAWSKI
@METRONEWS.CA

RCMP Chief Supt. Doug Coates' life mission was to make a difference, according to his son Luke, a captain in the Canadian Air Force.

Coates just wanted to make the world a better place, his son said.

Fulfilling that mission took Coates, a Gatineau resident, to Haiti where he worked as the acting commissioner of the United Nations stabilization force when the earthquake hit and destroyed much of the island last January. Coates was among the thousands who died in the rubble.

"It's important to my family that we continue (his) mission," said Luke.

Yesterday, RCMP Deputy Commissioner Raf Souccar presented Coates' widow and the widow of Sgt. Mark Gallagher, also a victim of the earthquake, with the United Nations' Dag Hammarskjöld Medal at the National Peacekeepers' Day Ceremony.

TIM WIECLAWSKI/METRO OTTAWA

▶ Shane Gallagher holds the medal bearing his father's name.

Officially, National Peacekeepers' Day is today.

The medal is an egg-shaped clear glass piece carved with the name of UN peacekeepers who lost their lives while on duty.

273 The number of Canadians (military, RCMP and foreign service officers) who have died serving on peacekeeping and peace-support missions since 1950.

Just like Coates, all any peacekeeper wants to do is make things better, said Maj.-Gen. A.J. Howard, the officer reviewing the ceremony.

"None of us have a greater goal than that," he said. "That's what makes this country unique and that's why Canada stands behind those that would serve outside this great country."

Shane Gallagher admits it's been difficult getting accustomed to not speaking with his father regularly.

"We are a very close family and it was hard to get used to not having his calls all the time."

Clowning. Circus

▶ Ottawa Shriners clown around outside the big top at the Shrine Circus yesterday. From left are Craig McPhee and Butch Carmichael.

TIM WIECLAWSKI/METRO OTTAWA

Making 'em laugh at Lansdowne

Hundreds of Ottawa families took cover from the dreary, rainy day yesterday in the bright big top of the Shrine Circus. The circus came to town over the weekend, performing at Lansdowne Park.

City deserves more: Candidate

TIM WIECLAWSKI/METRO OTTAWA

▶ Vincent Libweshya is strongly in support of redeveloping Lansdowne Park.

They are distant relatives, but Barack Obama will not help Vincent Libweshya get elected as mayor of Ottawa.

"I'm going to do it all on my own," said the 25-year-old entrepreneur and community activist.

Libweshya is running because he believes the city deserves a lot more than what it's been given from the current mayor. The fact that 14 people are registered to run for that office is evidence of the dissatisfaction with the city council's performance in the last four years, he said.

Although Libweshya agrees with the principle of a downtown transit tunnel, it's the wrong time, he said. OC Transpo needs to focus on better customer service and improving riders' experience first, he said.

TIM WIECLAWSKI

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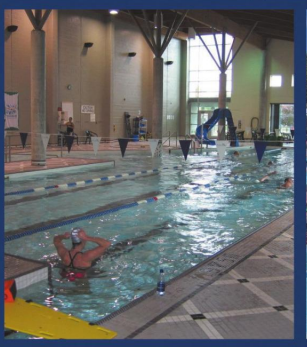

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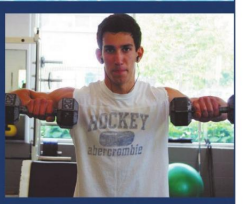

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Disaster in Asia with flooding, mudslides

- 1.4 million acres of crops wiped out in Punjab, Pakistan's breadbasket
- 500 people missing in India

Floods and landslides across Asia plunged millions into misery yesterday as rubble-strewn waters killed at least 127 in northwestern China and four million Pakistanis faced food shortages amid their country's worst-ever flooding.

In Indian-controlled Kashmir, rescuers raced to find 500 people still missing in flash floods that have already killed 132, while North Korea's state media said high waters had destroyed thousands of homes and crops.

Terrified residents fled to high ground or upper stories of apartment buildings in China's Gansu province after a debris-blocked river overflowed during the night.

The official Xinhua News Agency said yesterday that authorities were seeking to locate an estimated 1,300 people still missing in the latest deluge in a summer that has seen China's worst seasonal flooding in a decade.

1,500 people have been killed and millions more left begging for help following the worst floods in Pakistan.

Worst hit was the county seat of Zhouqu in the province's Gannan Tibetan Autonomous Prefecture, where houses buckled and streets were filled with more than a metre of mud and water.

Around China, the country's worst flooding in a decade has killed more than 1,100 people this year, with more than 600 still missing.

THE ASSOCIATED PRESS

SHAKIL ADIL/THE ASSOCIATED PRESS

▶ Pakistani flood victim Samina Samoo, who lost her house and belongings, cries for her family members stuck in deep flooded area of Toree Band near Sukkur, in Pakistan's Sindh province yesterday.

Sauna competitor dies during final round

A Russian man trying to win the Sauna World Championships died after collapsing with severe burns in the final stage of an event that required contestants to sit in a 110 C room as water was tossed onto a searing stove, officials said.

Vladimir Ladyzhenskiy, an amateur wrestler who was in his 60s, was pronounced dead late Saturday after he collapsed alongside reigning champion Timo Kaukonen of Finland roughly six minutes into the final round.

Nearly 1,000 spectators had gathered in the southern Finnish town of Heinola to watch 130 competitors from 15 countries, waving flags and cheering on the contestants before medical workers pulled the shaking and bleeding men out of the sauna.

Video footage shows workers pouring cold water over the two men and administering first aid as organizers tried to cover up the scene and calm spectators.

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The men were bleeding from what appeared to be severe burns, said Hakon Eikesdal, a photographer with the Norwegian daily Dagbladet.

Ladyzhenskiy headed a charity fund in the Siberian city of Novosibirsk. The fund's spokesman Konstantin Kruglyansky told the LifeNews daily that his family has demanded an investigation into his death.

Eikesdal said the defending world champion had refused to leave the sauna despite getting sick and that organizers had to force the men out.

Half a litre of water is added to the stove every 30 seconds and the last person to remain in the sauna wins.

THE ASSOCIATED PRESS

Last competition

The annual contest — held since 1999 — will never be held again, a spokesman said.

▶ According to a research report from 2008, the annual death rate in Finnish saunas was less than two per 100,000 inhabitants, representing around 100 Finns a year.

BP engineers get 'A' from U.S. official

The U.S. government's point man overseeing BP's response to the massive oil spill gives BP high marks for its engineering response, but low marks in dealing with people.

Speaking yesterday on CNN's State of the Union, retired Coast Guard Adm. Thad Allen says he isn't sure any oil company could have done more to cap the spill.

But Allen says BP was too big a company to immediately deal with problems faced by individuals along the coast.

THE ASSOCIATED PRESS

North Korea seizes South Korean boat

North Korean authorities seized a South Korean fishing boat and its crew yesterday in waters off the divided peninsula's eastern coast, the South's coast guard said amid heightened tensions over the sinking of a southern ship.

South Korea called on the North to quickly return the fishing boat and its crew. However, the prospect of their quick return is being complicated because of tension over the March sinking of a South Korean warship off the western coast that was blamed on North Korea.

South Korea also conducted naval drills last week to try to counter North Korea provocations.

THE ASSOCIATED PRESS

Civilian deaths up in Afghanistan

Civilian war deaths in the first seven months of 2010 rose by six per cent over the same period last year, the Afghan Independent Human Rights Commission said yesterday. The modest increase suggested that U.S. and NATO efforts to hold down civilian casualties were having some success. The Taliban and their allies were responsible for 68 per cent of the at least 1,325 civilian deaths the organization said in a report. Twenty-three per cent were ascribed to NATO or Afghan government forces.

THE ASSOCIATED PRESS

All eyes on Federal Reserve this week

- Interest rate expected to be kept at 0.25 per cent
- U.S. set to release retail sales numbers

Investors will be looking to the U.S. Federal Reserve's meeting on interest rates this week to get a clearer picture on how the American economic recovery is unfolding.

There isn't any doubt about what the Fed will do about rates themselves — the central bank is fully expected to keep its key rate down at a record low of 0.25 per cent.

Certainly, there was nothing in last Friday's U.S. non-farm payrolls report to suggest that the American economy is ready for higher rates. While the jobless rate held steady at 9.5 per cent, the economy couldn't even meet modest expectations of 90,000 new private sector jobs last month. Instead, the sector added about 70,000 jobs.

"The market will be listening for the tone of (Fed chairman Ben Bernanke's) comments to see whether in fact there is the possibility that he would consider more steps to stimulate the economy if we get some further weak economic data," said Paul Taylor, chief investment officer BMO Harris Private Banking.

Thomas Hoenig, president of the Federal Reserve Bank of Kansas City, fears keeping rates too low for too long could lead to excessive risk-taking by investors and feed new speculative bubbles in the prices of stocks, bonds and commodities.

THE CANADIAN PRESS

Stimulus?

- The Federal Reserve Bank of St. Louis said the Fed should revive a program to buy government debt if it seemed the country was likely headed into a bout with deflation.
- The Fed chairman has yet to endorse precise steps, only saying that the Fed is ready to act if needed.

Japan. Malfunction

▶ Sixty-one Apple iPod Nanos sold in Japan in 2005 and 2006 have reportedly overheated.

JEFF CHIU/THE ASSOCIATED PRESS

Caution: iPod Nanos may overheat

After prodding from the Japanese government, Apple Inc. will post prominent notices on its website warning some iPod Nano music players in Japan may overheat. According to Japan's Ministry of Economy, Trade and Industry, 61 cases of batteries overheating have been reported in first-generation iPod Nano machines sold in 2005 and 2006.

Market moment

PRICES AS OF 3 P.M. FRIDAY

DOLLAR	Natural gas	OIL	TSX
-1.08¢	-13.1¢	-$1.31 US	+25.2
US 96.29¢	$4.467	US $80.70	11,799.97

RIM's deadline extended

Saudi Arabia's telecom regulator is giving Research in Motion more time to finalize a deal that would allow the state some access to users' data, staving off a ban.

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LIMITED TIME OFFER: CUSTOMER APPRECIATION

Urban Compass

STEVE COLLINS

Today marks the start of OC's Transpo's Customer Appreciation Days.

If you show up at Terry Fox Station this morning, you're promised refreshments, a chance to speak with "transit planners and decision-makers," and a shot at winning a free month's or year's bus pass.

The charm offensive moves to Fallowfield Station Wednesday, South Keys on Friday, and Hurdman and Place d'Orleans next Tuesday and Thursday, respectively.

Nothing wrong with any of that, and the chance to actually talk to someone in nominal charge about one's concerns probably outweighs the thrill of a free cup of coffee or a raffle.

And the gesture certainly couldn't hurt. OC Transpo's customers are also its owners, and they do not appear to be feeling the love.

In the last Transit Services Annual Performance Report, released in June, the number of OC Transpo riders who rated the service "very good" or even just "good" had sunk to 68 per cent. In the fall of 2008, before the strike, it had been 82 per cent. Only 49 per cent of those surveyed thought OC Transpo cares about its customers.

This impression among riders was probably not improved last week, when existing lane reductions, new construction and poor communications resulted in eastbound bus jams on Slater Street, with some trips between LeBreton Station and Elgin Street taking an hour. The distance is perhaps a 20-minute walk, and many fed-up passengers sensibly climbed off the bus and did just that.

"This is a bit of a narrow window, and suggests only those customers commuting to 9-to-5 jobs are worthy of appreciation."

The Customer Appreciation festivities, for some reason, are being held between 6:30 and 9 a.m. This is a bit of a narrow window, and suggests only those customers commuting to 9-to-5 jobs are worthy of appreciation.

The timing mostly excludes, for example, students. Most of them are still out of town and 44,000 of them at the University of Ottawa and Carleton have become mandatory customers thanks to the U-Pass, the cost of which has been added to every full-time student's fees. These people might well have a few questions or comments, but they don't fit Transpo's tight customer appreciation schedule.

It is perhaps difficult for Transpo to put on a happy face even for a couple of hours when behind the scenes, disputes with management over scheduling, which precipitated the strike, continue to fester. Transpo employees last week complained of a poisoned work environment, and there simply may not be much goodwill available to pass on to customers.

Cartoon

MICHAEL DE ADDER

Space station in tough spot

Worth mentioning

A pair of space station astronauts had to hammer loose a stuck connector during an urgent spacewalk to restore a crucial cooling system Saturday, then an ammonia leak erupted and hampered the entire repair effort.

Despite making one of the longest spacewalks ever, Douglas Wheelock and Tracy Caldwell Dyson had to give up trying to remove a broken ammonia pump and retreat inside.

Disappointed managers said two more spacewalks now will be needed to replace the pump and get the space station's cooling system operating normally again. The original plan called for two spacewalks.

Another spacewalk won't be attempted until Wednesday at the earliest. Engineers huddled following Saturday's eight-hour, three-minute effort — the sixth longest spacewalk — to consider their options.

"We will get through this problem," said program manager Mike Suffredini. "The challenge is to get through this ... before the next problem hits the other cooling system."

The pump failure knocked out half of the space station's cooling system last weekend, leaving the orbiting lab with only one good cooling loop. Another breakdown could leave the station in a precarious situation.

THE ASSOCIATED PRESS

Long spacewalk

NASA VIA GETTY IMAGES

Does Eminem's Love the Way You Lie endorse domestic violence?

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Metro Minute at the ByWard Market

TRACEY TONG
@METRONEWS.CA

During your lunch hour, head down to the ByWard Market and pick up some locally grown fresh fruits and vegetables for a fast and healthy lunch.

While you snack on local produce, do some window shopping in some specialty boutiques, pop into some art galleries for a quick hit of culture and wander over to the pedestrian area on William Street to see which entertainers are performing.

If you're meeting friends, take in the last few weeks of summer and grab a spot on a pub patio for some shared snacks and a cold one.

TRACEY TONG/METRO OTTAWA

▶ Stephanie Beaudin works at Richard Groulx's fruits and vegetables stand in the ByWard Market.

▶ In Scott Pilgrim Vs. The World, Michael Cera must defeat his girlfriend's seven evil exes. The film opens across Canada on Friday.

Cera picks a fight

Elaborate training helped actor prepare for fight sequences in Scott Pilgrim Vs. The World ◐ Comic book adaptation actually set in Toronto

PHIL BROWN
SCENE@METRONEWS.CA

Through his breakout roles in Arrested Development and Superbad, Michael Cera practically turned adolescent awkwardness into an art form. Now 22, the young Brampton, Ont., native is moving onto playing characters who are awkward arrested adolescents.

Not exactly a huge jump, but a jump nonetheless. His latest movie is Scott Pilgrim Vs. The World, a wonderfully bizarre comic book adaptation about a struggling 20-something who must defeat his girlfriend's seven evil exes through a series of elaborate fight sequences. At the very least, it's not something you've seen before. "I can't think of any other movie with this kind of tone," Cera told Metro. "There's a voice to the movie that's all it's own and I think that's really important in comedy"

"Toronto definitely is a huge character in the movie and it's such a stand out in that way because I can't think of any other movies that really glorify the city." MICHAEL CERA

The film presented Cera with a new challenge. Though the actor had cut his teeth on dialogue-driven comedies, playing Scott Pilgrim required him to wield a sword and dabble in kung fu.

"The fight training was very extensive and I had to try so hard just to throw a punch at first," laughed Cera. "It went on five days a week for like eight weeks and was basically like learning dance numbers. It was all beats and timing."

All of that training clearly paid off because audiences will get to see the typically subdued Cera pull off some impressive fight sequences, from punching his way through a pack of skateboarders to battling Jason Schwartzman with a flaming sword. "They were all fun challenges to tackle and so diverse," recalled the actor.

While the film offered new challenges for Cera, it also featured one comforting familiarity. Like many Hollywood productions it was shot in Toronto, but in a rare instance the movie was actually set in the city.

"It doesn't remind me of anything. I'm not like, 'Oh, that was like that other Toronto movie.' This is really it's own thing," said Cera.

Evil Exes

Guide To Scott Pilgrim's Battles With The Seven Evil Exes

- **1)** The Ex: Matthew Patel (Satya Bhabha) The Fight: Bit of Bollywood turned to 11.
- **2)** The Ex: Lucas Lee (Chris Evans) The Fight: Kung fu meets skateboards.
- **3)** The Ex: Todd Ingram (Brandon Routh) The Fight: "An epic bass battle with a vegan," Entertainment Weekly says.
- **4)** The Ex: Roxy Richter (Mae Whitman) The Fight: Scott faces off as a puppet.
- **5/6)** The Ex: The Katayanagi Twins (Keita Saitou and Shota Saito) The Fight: Monsters, dragons in a musical mix.
- **7)** The Ex: Gideon Gordon Graves (Jason Schwartzman) The Fight: "A sword fight that turns the movie into an 8-bit swashbuckler," Entertainment Weekly says.

Rihanna-Eminem video fuels violence debate

▶ Rihanna

It's hard to forget the haunting photo that leaked out early last year: Pop star Rihanna, her elegant face bruised and battered after a violent assault by her then-boyfriend, R&B singer Chris Brown.

Now, she's appearing in something else shocking, though thankfully fictional: Rapper Eminem's chart-topping Love the Way You Lie, a song (and now video) that graphically depicts a physically abusive relationship. And the debate has begun: Is the song a treatise against (or apology for) domestic violence, or an irresponsible glorification of it? Or, is it something uncomfortable in between? And how exactly to explain the role of Rihanna, who has said she aims to help young people learn the lessons of her ordeal?

One thing is not in question: The song is a hit, sitting atop the Billboard Hot 100 chart. And well before the edgy video debuted Thursday evening, the lyrics were enough to get plenty of attention.

"Just gonna stand there and watch me burn," Rihanna sings to an undeniably catchy tune. "But that's all right because I like the way it hurts."

The girl, acted in the video by actress Megan Fox, tries to leave. The guy, played by Dominic Monaghan, promises it won't happen again. But then he admits he's lying: "I apologize even though I know it's lies." THE ASSOCIATED PRESS

Eminem's past

- Eminem — who had a turbulent relationship with ex-wife Kim Mathers — graphically fantasized about murdering her in the song Kim, off his 2000 album The Marshall Mathers LP.

2 scene

News in brief

1

2

1 Steve Buscemi says it's only in his "wildest" dreams that he saw himself as a leading man. But that's just what the respected character actor plays in the new HBO series Boardwalk Empire.
THE ASSOCIATED PRESS

2 British star Emma Thompson was presented with a star on Hollywood's Walk of Fame on Friday.
THE ASSOCIATED PRESS

Scan code for more scene

Momsen blasts Catholic church

overtime in her bid to be the most provocative teen star. The 17-year-old Gossip Girl actress and singer wrote her band's song Going Down as a response to the Catholic Church abuse scandal. "It seemed like a very fitting song to write at the time," Momsen explained during an interview with a New Zealand radio station. METRO WORLD NEWS

GETTY IMAGES

▶ Sean Penn said that the $400,000 that was allegedly misdirected from Wyclef Jean's charity could have done a lot of good for the people in Haiti.

Penn questions Jean's bid to be Haiti president

Wyclef Jean's fledgling bid for the Haitian presidency has met with its first critic. Sean Penn isn't planning on attending any fundraisers for the singer anytime soon.

"He has been virtually silent for those of us in Haiti, he has been a non-presence," Penn says, according to Hollyscoop.

"I want to see someone who is really, really willing to sacrifice for their country and not just someone who I personally saw with a vulgar entourage of vehicles that demonstrated a wealth in Haiti that in context, I felt (was) a very obscene demonstration."

Penn also insists charges that Jean misdirected $400,000 in funds from his charity raise concern.

"That has to be looked into," Penn says. "I've been there. I know what $400,000 could do for these people's lives."

METRO WORLD NEWS

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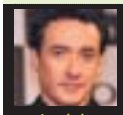
Celebrity tweets

John Mayer [@johncmayer] I have found the key to a happy life is to surround myself with like-minded people who agree with me constantly.

Kristen Bell [@IMKristenBell] Why is it that I'm pretty sure fish don't have blood?



John Cusack [@johncusack] i noticed that really rich people have romantic longings for "a normal" life--as soon as they lose there money - want to be special quick

METRO WORLD NEWS

Lohan has lonely rehab

Lindsay Lohan's stay in rehab will be a lonely one for the first month, according to TMZ. Sources say the actress has been put on a program that restricts visitors to blood relatives during the first 30 days of her 90-day treatment.

METRO WORLD NEWS

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▶ Self-professed trigger-happy parent Amy Beth Bennett, right, and her daughter, Sophia Cavaretta, 2, look at some of the books Bennett has made with photos of her daughter.

Proud parents ponder what to do with the countless baby photos they amass over the years
BabyCenter.com editor-in-chief offers organizing and storage ideas that are easy to use and take advantage of in the digital age

Trigger-happy

I am the stereotypical trigger-happy first-time parent. I've taken more than 10,000 pictures of my son — and he's barely a year old.

While I love the fact that I've been able to capture so many precious moments, there can be too much of a good thing. Currently these photos are plopped in a giant folder on my computer. I don't envision him browsing through these thousands and thousands of digital shots the way I flip through my baby albums stuffed with printed photographs. And that's a shame.

Linda Murray, editor-in-chief of BabyCenter.com, assures me I'm not alone in this dilemma. Many moms on popular website say they have completely replaced the traditional photo album — and presumably more than a few of them are fellow shutterbugs.

"We keep going and going and going because there's no expense to it ... We're all out there taking all these photos ... so now we have the back-end problem."
LINDA MURRAY, EDITOR-IN-CHIEF OF BABYCENTER.COM

"We keep going and going because there's no expense to it," says Murray, describing the mixed blessing of preserving memories in the digital age. "We're all out there taking all these photos ... so now we have the back-end problem."

Turns out, there are countless options for storing and sharing digital photos. You can upload them onto web-based albums on specialized sites like Shutterfly, or social networking sites like Facebook and BabyCenter Community. You can download software like Picasa that will organize photos on your desktop, or use a program like iPhoto on Macs. You can make an online scrapbook of sorts by keeping a photo blog — mostly pictures, some captions and occasional anecdotes.

(It's wise to make backups of your photos on an external hard drive or CDs in case — shudder at the thought — something happens to your computer or a host website.)

For a purely digital experience in displaying the images, you can get an electronic frame that rotates through all the photos on a memory card. For a foot in both worlds, you can use one of the photo websites or software to place an order for a printed album.

Whatever you do with the photos, Murray says, the key lies in winnowing them down to a manageable handful of favourites — professionals call these "hero shots" — and using a labelling system that's easy to remember.

THE ASSOCIATED PRESS

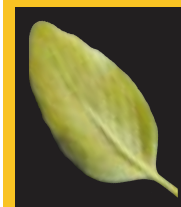
▶ Two-year-old Sophia Cavaretta is captured in a picturesque moment in her parents' garden.

Sure enough, photographer-mom Amy Beth Bennett of Oakland Park, Fla., approaches her two-year-old daughter's photo blog the way she does an assignment. Out of a couple of hundred photographs, she'll pick only a few to post for family and friends — ones that have the most telling moments. No one wants to slog through the equivalent of a vacation slide show, Bennett says. "You just want them to see how your girl's doing."

Then, like she does at the office, Bennett gives each of those photos a file-name consisting of the date and event (sandbox, train ride, etc.) so she can search for and find them easily. After that, they go into a folder named after the year.

THE ASSOCIATED PRESS

3 life



Herb lovers beware

The first sign is when the fragrant green leaves of your basil plant turn yellow on top. But the telltale proof is underneath, where spores appear as a mass of purplish grey dots. It's called downy mildew, an aggressive new disease that has wiped out basil crops in parts of the U.S. and was recently spotted in Ontario.

THE ASSOCIATED PRESS

Scan for more news

INFORMATION FEATURE

Easy Caffeinated Cocoa Truffles

Not only are these treats easy to make, but they're also made from ethically sourced ingredients!

PHOTO: WIEN/FLICKR

▶ Cocoa Truffles

The sweetness of milk chocolate blends with the bitterness of unsweetened cocoa and strong coffee beautifully.

Cocoa Truffles
Preparation:

1. Break the chocolate into small pieces and whisk gently with coffee in a double boiler (or bowl placed in hot water) until smooth and melted.
2. Cover mixture and refrigerate for a few hours or overnight (until firm).
3. Scoop small teaspoonfuls of coffee/chocolate mixture and roll into 1-inch "truffle" balls with your hands (or leave them as rough chunks).
4. Toss truffles in cocoa powder until lightly dusted.
5. Store refrigerated truffles in an airtight container and enjoy!

What is fair trade?

TRADE We've heard the term "fair trade" come up in recent years in reference to the food we eat, but what does it mean?

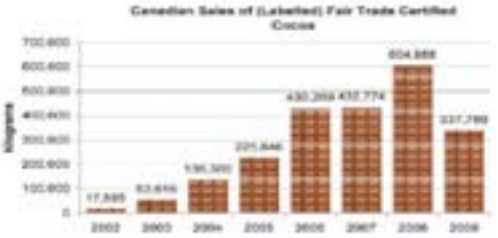
According to TransFair Canada, the "Fair Trade" movement started around the 1950s as a partnership between importers and producers to find ways in which poverty can be alleviated in poorer countries.

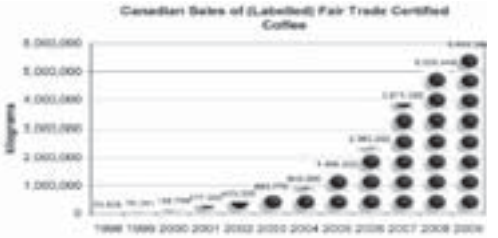
Since then, more organizations and corporations have joined the movement to ensure fair prices, social and economic premiums, fair and safe labour, environmental sustainability, access to credit, and long-term contracts for producers of some of our main staples—such as coffee, chocolate and sugar—among others.

For more information on Fair Trade practices and where to purchase products that have been Fair Trade-certified, visit www.TransFair.ca.

LORI DANCE

FAIR TRADE CERTIFIED





ISTOCK

▶ If you rely solely on online job sites in your career search, you are likely to be disappointed in the outcome.

Best jobs found offline

Craigslist not perfect place to find work, counsellors say

DREW HINSHAW
METRO WORLD NEWS

Career counsellors warn that the whole mini-universe of online job boards — Monster, CareerBuilder, HotJobs, etc. — is a great place to mis-invest your time and hope during a difficult job hunt. Employment guidebook author Margaret Riley Dikel calls it a "black hole," and Ford Myers, President of Career Potentials, agrees.

"Very few online applications are ever read or responded to," Myers says.

With unemployment high, career counsellors say they're not surprised to see so many people surfing online want ads more than they should.

Studies show 10 per cent or less of jobs are filled through online ads. But if the occasional online ad is one small part of your search strategy, you might as well do it right.

Resist the temptation to rapid-fire the same cover letter and resumé combo at every link.

"It is absolutely imperative to customize the cover letter," Dikel warns.

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Do homework in style

Designer tips to create a calm, organized place for school work

Kids may want to do their homework at the kitchen table with a sea of activity surrounding them. Many experts say they shouldn't.

"Build a space dedicated to homework and eliminate distractions," advises Douglas C. Merril, a former Google spokesman and author of the new Getting Organized in the Google Era.

According to Merril, everyone thinks they can multi-task, but our brains just aren't cut out for it.

In her new book, Right-Sizing Your Home, consultant Gale Steves agrees. She writes, "Although kids gravitate to the kitchen or family room — where parents can keep a watchful eye on them — ultimately having a workspace of their own is important."

And Maxwell Gillingham-Ryan, founder of the design blog Apartmenttherapy.com, taught school in New York City before he became an interior designer. Each year he would visit students' homes, and here's what he observed: "Invariably, the children who did best in school came from homes that were calm, well-organized and attractive," he says.

"A child's homework space should be as simple and practical as possible," he believes. "Children need a private, separate environment where they can concentrate and get through their work."

While homework space must be functional and well organized, it also should be somewhere the child wants to spend time.

"Get your child involved in the design," advises Susanna Salk, interior designer and contributor to the Today show. "Have them look at pictures and say what they like."

Salk's book, Room for Children: Stylish Spaces for Sleep and Play, compiles pictures of children's rooms decorated by well-known designers. She believes that a child's workspace should have an inspirational element, and suggests checking out the wall art available on Art.com, where you can find murals that are easy to move, are stain-resistant, and can transform even a tiny homework space with a beautiful landscape or world map.

Most children are inspired by having something like what their parents use, Gillingham-Ryan suggests. "My daughter likes to have something that my wife or I have on our own desks. Consider giving your child a pen, lamp stapler or mouse pad like your own."

When selecting furnishings for homework space, keep in mind that your little girl or boy is going to get bigger and older.

Consider good adult task lighting, and keep in mind that a nice wooden table can serve as a good desk. Gillingham-Ryan favours desks made from wood.

"Natural materials help a child to feel grounded," he says. He believes there is a healthier energy from natural materials. He also suggests avoiding fluorescent lighting, selecting instead halogen or incandescent light.

THE CANADIAN PRESS

Space

You do not need a large space to create a good homework area. If space is limited, Steves suggests placing a desk under the top bunk instead of another bed, and creating storage with a small file caddy on wheels. She also suggests thinking vertically when space is limited. A hutch or shelves above a desk provide storage as well as space to display children's work.

NORTHWEST ARM PRESS/THE ASSOCIATED PRESS

▶This photo provided by Northwest Arm Press shows the Base Camp Loft Bunk Bed with desk in Rustic Cherry from Young America Youth Furniture. This child's room creates a cosy homework space.

CINDY GOLD/THE ASSOCIATED PRESS

NORTHWEST ARM PRESS/THE ASSOCIATED PRESS

MAXWELL GILLINGHAM-RYAN/THE ASSOCIATED PRESS

▶ This photo provided by Cindy Gold shows a room designed by Windsor Smith. The decorative elements here refer to the nostalgia of family road trips during the 1950s. Upper right: Desk with hutch from Lea Furniture's Freetime Collection. Lower right: An antique desk fixed up for homework by Maxwell Gillingham-Ryan.

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Decline of the family vacation

As kids trot off to PSE, they may not want to travel with their parents any more But they will be back say most experts

My eldest son, who's heading off to college in the fall, recently informed me that he plans to spend just a few days with us this year on our annual summer vacation.

"But it's our last vacation ever as a family!" I pouted.

He reminded me that I've been guilt-tripping him with that line since 2008.

All too true, I'm afraid. But that's because, as in many families, our travels have been so much fun that I hate the thought of taking a trip without him. And I'm sure my younger son is not looking forward to travelling with two boring old people (also known as his parents) once his big brother leaves home.

"When they realize how much travelling costs, they will rethink travelling with you."
EILEEN OGINTZ

Eileen Ogintz, who writes a syndicated column and blog at TakingtheKids.com, says a child going off to college "does change the vacation dynamic — a lot. Right now it is all about them and they couldn't care less about family time."

Sensing my disappointment at the thought of a treasured family ritual so easily discarded, she added: "Don't sweat it! When they are homesick at school, they will probably think fondly on those happy times."

But Ogintz added that college doesn't necessarily mean the end of the family travels.

"When they realize how much travelling costs, they will rethink travelling with you," she said, as long as the trip is "something they think is fun and exciting." And eventually, even college-age kids "realize what a good deal it is to have mom and dad pay the freight."

As for my son's reluctance to join us this summer, Ogintz advised, "I would just smile and say, 'Whatever you want to do, honey!' and know that he will be back."
THE ASSOCIATED PRESS

Destinations

Holly Hughes, author of Frommer's 500 Places To Take Your Kids Before They Grow Up, was in a similar situation last year, the summer before her eldest went off to college. With her husband and two younger kids, the family of five did a road trip. "We rented a minivan and we did the drive across country for two and a-half weeks," she said. But "it did not feel like a last hurrah," she said, and in fact, it wasn't.

After finishing his freshman year, her son got a week off from his summer job this year and joined the rest of the family for a week on Martha's Vineyard. One way she made the vacation enjoyable for all of them was to let the teenagers — 19, 17 and 15 — "make decisions about what they wanted to see and do," whether it was picking the restaurants or the activities. "There was less push-back against it that way," she said.
THE ASSOCIATED PRESS

News in brief

McMaster should market self better: Officials

EDUCATION International relations officials at McMaster University say the institution must reach out aggressively to the world and maintain and enhance its reputation as a leading university. With the competition for international students becoming fierce in Canada and abroad, McMaster cannot afford to just coast on its good reputation, says the university's associate vice-principal responsible for international affairs. "We have to go out and blow our own horn," the official says. The vice-president responsible for research and international affairs says McMaster is marketing itself most aggressively in Europe, Asia, the Middle East, and Latin America. The effort, the VP says, should produce a richer campus, both academically and socially.
TORSTAR NEWS SERVICES

More women enrolling in Queen's engineering

EDUCATION The number of female engineering students at Queen's University has increased in recent years. Two years ago, women accounted for 23 per cent of the incoming engineering class, then the proportion rose to 25 per cent in 2009, and now it is at 28.1 per cent for the 2010-11 academic year.
ACADEMICA.CA

ACC suspends nursing apps

EDUCATION Assiniboine Community College announced last week its Winnipeg Training Centre will not accept new applications for the two-year practical nursing diploma program until January 2012 due to increased popularity.
ACADEMICA.CA

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4 sports

Mahan wins, Woods struggles

Hunter Mahan took a big step toward joining the elite in golf yesterday, winning his first World Golf Championship title to lock up a spot on the U.S. Ryder Cup team.

Four shots behind to start the final round at Firestone, Mahan ran off five birdies on the front nine to take the lead, then had three clutch par saves down the stretch to finish off a 6-under 64 and a two-shot victory over Ryan Palmer.

It was the second victory this year for Mahan, and the $1.4 million US he earned moved him to No. 2 in the Ryder Cup standings with only the PGA Championship remaining before the top eight Americans qualifying.

The battle for No. 1 was far less inspiring.

Tiger Woods will remain atop the world ranking for the 270th consecutive week, despite the worst tournament of his career. Woods closed with a 77 to finish at 18-over 298 — his highest score on the PGA Tour as a pro or an amateur — and finished one spot out of last place.

That cleared the way for Phil Mickelson to replace him at No. 1, provided Lefty finished in fourth place alone.

Mickelson was even worse. He shot 41 on the front nine, including a three-putt from four feet, and shot 78 to tie for 46th.

THE ASSOCIATED PRESS

ANDY LYONS/GETTY IMAGES

▶ Tiger Woods takes a shot yesterday.

One-hit wonder

Blue Jays' Morrow comes within an inning of throwing a no-hitter versus Tampa Bay
Collects first shutout, complete game Would have been majors sixth no-hitter this season

It seems like no-hitters or perfect games are often punctuated by a defensive play that preserves the gem, like the leaping catch against the centre-field wall made by Dewayne Wise behind Mark Buehrle last July.

Brandon Morrow's moment came in the sixth-inning yesterday, when Vernon Wells chased down Ben Zobrist's drive to deep centre, leapt to snare the ball and then crashed into the wall, dislocating his right big toe to save his pitcher's no-hit bid in the process.

Unfortunately for the Toronto Blue Jays right-hander, the magic had run out by the time there were two outs in the ninth, and Evan Longoria poked a grounder toward the hole on the right side of the infield. Second baseman Aaron Hill charged the ball, dove to his left and had it glanced off his glove as the crowd of 22,313 gasped.

"Base hit," official scorer Dave Perkins bellowed in the press box, without a hint of hesitation.

And just like that, Morrow's attempt at the second no-hitter in franchise history and sixth in the majors this season vanished the way they all too often do, in jarring, agonizing fashion.

"That close," lamented manager Cito Gaston afterwards, holding his fingers an inch apart. "That close."

Still, the ever-stoic Morrow shook off the disappointment as fans loudly applauded him, gathered himself during a meeting on the mound with Gaston, and proceeded to strike out Dan Johnson with his 137th pitch and seal a 1-0 victory against the Tampa Bay Rays.

Losing the no-no stung, but there was plenty of solace to be found in the best start of his young career.

"That was my first complete game, my first shutout; those things combined were more than enough to overcome the feeling of the missed no-hitter," said Morrow.

THE CANADIAN PRESS

RICK EGLINTON/TORSTAR NEWS SERVICE

▶ Brandon Morrow salutes the crowd yesterday in Toronto.

Quoted

"Obviously there are some elite guys that if they're available, they're going to be on the team, but it's all about finding the right mix."

HEAD COACH DAVE CAMERON, ON PUTTING TOGETHER CANADA'S NEXT WORLD JUNIOR HOCKEY TEAM. THE TEAM'S SUMMER CAMP ENDED YESTERDAY.

News on the move

Cowboys made a mistake: T.O.

Terrell Owens believes he should still be playing for the Dallas Cowboys.

Instead, Owens was playing wide receiver against them last night as a member of the Cincinnati Bengals in the Hall of Fame game that opened the NFL pre-season.

"You have to take the bitter with the sweet, and you move on," Owens said. "Do I think I should probably be there? Yeah.

"It was short-lived. I was prematurely let go. Things like that happen."

Owens spent three years in Dallas, one of five stops during his career that is about to enter a 15th season. He caught 235 passes for 3,587 yards and 38 touchdowns as a Cowboy. He played for Buffalo in 2009 and signed with the Bengals when training camp started this year.

THE ASSOCIATED PRESS

JOE ROBBINS/GETTY IMAGES

Sports in brief

Montoya wins at Watkins

NASCAR. Juan Pablo Montoya captured the Sprint Cup race at Watkins Glen International yesterday.

Montoya pulled away on a late restart from Marcos Ambrose, his biggest challenger all day, and beat Kurt Busch by 4.7 seconds in the 90-lap race around the 11-turn, 2.45-mile layout.

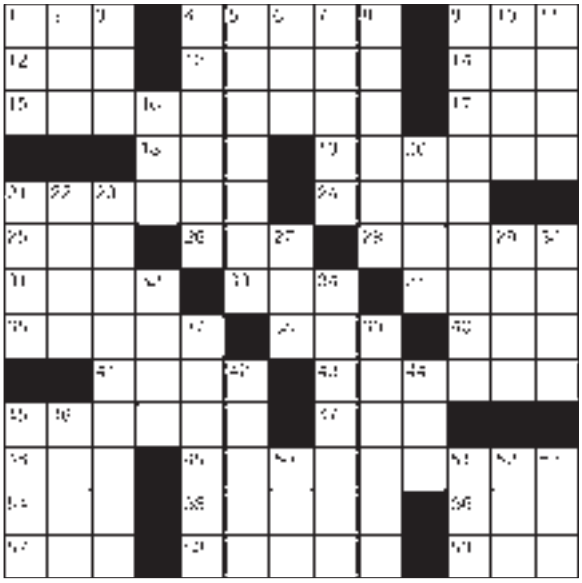
Burnett out, A-Rod in

BASEBALL. A.J. Burnett was forced to miss a start yesterday because of a bad back. Alex Rodriguez would not let a freak injury cause him to miss another game against the Boston Red Sox.

Burnett tweaked his back Saturday.

THE ASSOCIATED PRESS

Crossword



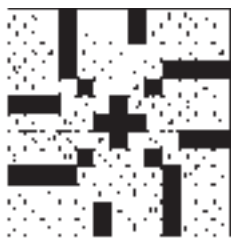
Across

1 Completely
4 Expire
9 Big pig
12 Zodiac sign
13 Playful water critter
14 "Hail!"
15 Living room piece
17 Scooted
18 — de mer
19 Piece of pasta
21 Take a breath
24 Formerly, formerly
25 Mediterranean or Baltic
26 Home for 9-Across
28 Loses weight
31 Traditional stories
33 Listener
35 Leave out
36 Finish
38 Fellows
40 Historic time
41 Faucet problem
43 Autumn, e.g.
45 Leisurely walk
47 Scot's cap
48 Swiss canton
49 Fonda/Hopper classic
54 Gun the engine
55 Serviceable
56 Have debts
57 CBS logo
58 Studied (over)
59 Whammy

Down

1 Hearty brew
2 Meadow
3 — Angeles
4 Natives
5 Jock
6 School org.
7 Paris' river
8 Mistakes
9 Dickens novel
10 Ellipse
11 Hereditary bit
16 Singer Sumac
20 Norway's capital
21 Capri, for one
22 Night light?
23 Data-storage device
27 Sweet potato
29 Surrealist Joan
30 Ollie's pal
32 Continental money
34 Shape anew
37 Amass
39 Approached
42 Socrates' student
44 Chartres chum
45 Foolproof
46 Deuce beater
50 Madam's counterpart
51 Homer's interjection
52 Ram's mate
53 Actor Harrison

▶ Yesterday's answer



Sudoku

		2		3			5	
	4	5		1				
8		6			5			
	2	8						9
	9		4		8		7	
4						8	1	
			6			5		2
				9		3	4	
	5			7		6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	5	1	9	2	7	6	4
4	7	6	3	8	5	1	9	2
1	2	9	4	6	7	8	5	3
7	3	2	5	1	4	9	8	6
6	1	4	9	7	8	2	3	5
5	9	8	6	2	3	4	7	1
9	6	7	2	5	1	3	4	8
2	5	3	8	4	9	6	1	7
8	4	1	7	3	6	5	2	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

CC, you're going to be the best mom a kid could ever want. We're awesome as 2, we'll be even better as 3. Here's to a Crowded House.
ALL MY LOVE, A

Dave W, Happy 31 days of pure awesomeness. You make me laugh through the good and the bed. I'm glad to have you in my life.
HEATHER P

Congratulations Hayley & Ian! May you both live happily ever after!
LOVE ALWAYS, YOUR FAMILY & FRIENDS

Mom and Dad, Thank you for always supporting me and encouraging me to follow my dreams, your always there to motivate me and watch over me. I want to tell you that I appreciate it!
CHEROLYNA

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19
There are so many things you want to change but you would be wise to resist the urge to make the kind of changes that others don't like. Compromise is a must today.

♉ Taurus April 20-May 21 Your sixth sense should also be telling you this is not the right time to make a major move of some kind. What happens tomorrow will clear obstacles from your path – then you can really get going.

♊ Gemini May 22-June 21
Don't try to avoid confrontation today because this is one of those occasions when no matter how much you try to win others round they won't want to listen.

♋ Cancer June 22-July 22
Today you are going to have to make a difficult decision concerning your ambitions. Don't worry about convincing others that you know your own mind – first you need to convince yourself.

♌ Leo July 23-Aug.23 Act on the assumption that you are hearing only half the story today. Question what you see and hear and don't be afraid to challenge accepted wisdom.

♍ Virgo Aug. 24- Sept. 22
Money matters are likely to be a source of some dispute today and if a friend or work colleague asks for a loan you would be wise to say you are short of cash yourself. If not, you most likely soon will be.

♎ Libra Sept. 23-Oct. 23 Make an effort to be nice today, even with people whose only concern seems to be rubbing you up the wrong way. The fact is they feed off negative vibes, so the way to beat them is to be upbeat at all times.

♏ Scorpio Oct. 24-Nov. 22 You have so much energy at your disposal, but what are you going to do with it all? Physical activity of some kind is probably the best way to channel your Scorpio drive.

♐ Sagittarius Nov. 23-Dec. 21 You need to be aware of your limits. If you take on too much, or take on the wrong person, your efforts will at best come to nothing and might even end in defeat.

♑ Capricorn Dec. 22-Jan. 20
You are always looking for ways to improve your status and reputation but the planets warn your efforts could backfire today, especially if employers and other powerful people think you are being insincere.

♒ Aquarius Jan. 21-Feb. 18
What you want to believe and what it's wise to believe are likely to be two completely different things today, be careful.

♓ Pisces Feb. 19-March 20
Don't try to bluff your way through a situation where you don't have all the facts at your fingertips. You may think you are smart enough to stay out of trouble but if you're wrong it could be costly. Play safe.
SALLY BROMPTON

Caption contest

MANISH SWARUP/THE ASSOCIATED PRESS

WIN!

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

TRISNADI/THE ASSOCIATED PRESS

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08 Accent
- A/C, Auto
- st: 29194
- km: 69385

$8,450
$68*** Bi-weekly

07 Mazda3
- A/C, Std
- st: 29650
- km: 91382

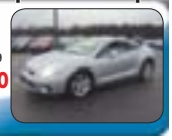
$8,990
$82** Bi-weekly

06 Pathfinder SE
- 4WD, Load, A/C
- st: 28503
- km: 82663

$19,850
$209*** Bi-weekly

08 Eclipse GS Coupe
- Load, A/C, Auto,
- st: 28642
- km: 41699

$17,980
$146*** Bi-weekly



06 Matrix
- A/C, Std
- st: 29661
- km: 77004

$8,860
$93* Bi-weekly

09 Nissan Sentra
- Load, A/C, Auto
- st: 29666
- km: 51023

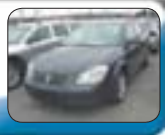
$11,850
$96*** Bi-weekly

09 Ford Escape 4WD
- Load, A/C, Roof, Lthr
- st: 29911
- km: 36063

$22,630
$175*** Bi-weekly

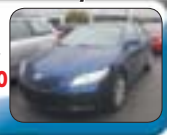
08 Pontiac G5
- A/C, Auto
- st: 29152
- km: 59693

$8,750
$71*** Bi-weekly



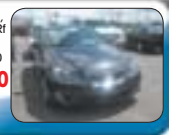
10 Camry LE
- Load, A/C, Auto
- st: 29736
- km: 31787

$19,840
$161*** Bi-weekly



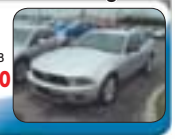
07 Lexus IS250
- AWD, Load, NAV, Lthr, Rf
- st: 29664
- km: 35530

$29,850
$261** Bi-weekly



10 Mustang
- Load, A/C, Auto
- st: 29207
- km: 29348

$22,470
$174*** Bi-weekly

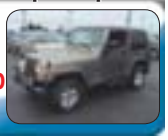


07 Civic Coupe
- Load, A/C, Auto
- st: 29768
- km: 62630

$12,950
$118** Bi-weekly

05 Jeep TJ Sport
- 4WD, Std
- st: 27958
- km: 68686

$15,840
$167* Bi-weekly



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07 Corolla CE
- Load, A/C, Std
- st: 29702
- km: 75388

$9,760
$62** Bi-weekly

08 Mazda Tribute
- Load, A/C, Auto
- st: 29529
- km: 54497

$17,950
$145*** Bi-weekly

07 Dakota SLT Magnum
- 4x4, Load, A/C
- st: 29894
- km: 94964

$15,860
$144** Bi-weekly

07 Ford Ranger
- A/C, Auto
- st: 29862
- km: 74510

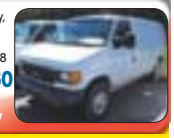
$9,840
$90** Bi-weekly

06 Mazda B4000
- 4x4, Load, A/C, Std
- st: 29776
- km: 66626

$13,350
$141* Bi-weekly

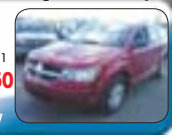
07 Econoline E250
- Super Duty, A/C
- st: 28294
- km: 75138

$17,360
$158** Bi-weekly



10 Dodge Journey
- Load, A/C
- st: 29473
- km: 20291

$19,850
$161*** Bi-weekly

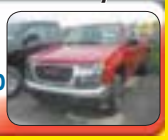


09 Dodge Avenger
- Load, A/C, Auto
- st: 29707
- km: 62599

$11,850
$95*** Bi-weekly

06 GMC Canyon
- 4x4, A/C, Auto
- st: 29365
- km: 43250

$15,950
$168* Bi-weekly



06 Avalanche Z71
- 4x4, Load, A/C
- st: 29674
- km: 76635

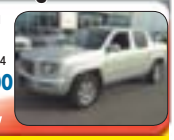
$19,650
$207* Bi-weekly

06 Sierra 1500 Z71
- 4x4, Auto, Load, A/C
- st: 29204
- km: 40533

$21,850
$223* Bi-weekly

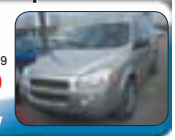
08 Ridgeline RTL
- 4x4, Load Lthr, Roof
- st: 28708
- km: 17184

$32,890
$254*** Bi-weekly



06 Uplander LT
- Load, A/C, Auto
- st: 28161
- km: 99339

$8,950
$94* Bi-weekly



07 Prius Hybrid
- Load, A/C, Auto
- st: 28376
- km: 79869

$16,780
$153** Bi-weekly

07 Raider LS
- Load, A/C, Auto
- st: 28990
- km: 37060

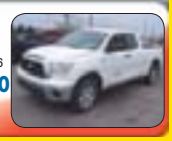
$17,890
$163** Bi-weekly

09 Frontier SE
- 4x4, Load A/C, Auto
- st: 28694
- km: 32182

$25,980
$201*** Bi-weekly

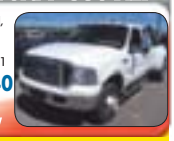
07 Tundra SR5
- 4x4, A/C, Auto
- st: 28556
- km: 47596

$29,850
$261*** Bi-weekly



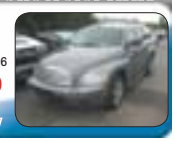
07 Ford F-350 XLT
- 4x4, Load, Diesel
- st: 29010
- km: 60151

$33,840
$296** Bi-weekly



07 Chevrolet HHR
- Load, A/C, Std
- st: 29717
- km: 62456

$9,650
$88** Bi-weekly



06 Tucson
- Load, A/C Auto
- st: 29878
- km: 80243

$10,650
$112* Bi-weekly

06 Ford F-150 FX4
- 4x4, Load, A/C
- st: 28052
- km: 66876

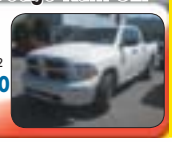
$20,840
$212* Bi-weekly

09 Chevrolet G15
- A/C
- st: 28312
- km: 38582

$21,860
$169*** Bi-weekly

09 Dodge Ram SLT
- 4x4, Load, A/C, Auto
- st: 29827
- km: 58042

$24,950
$193*** Bi-weekly



10 Ford F-250 XLT
- 4x4, Diesel
- st: 29458
- km: 14352

$43,750
$338*** Bi-weekly

06 Mazda5
- Load, A/C, Roof, Std
- st: 29306
- km: 90487

$10,650
$112* Bi-weekly

09 Jeep Liberty
- 4WD, Load, A/C, Auto
- st: 29150
- km: 55813

$17,950
$145*** Bi-weekly

06 Tribeca B9 AWD
- Load, A/C, Roof, Auto
- st: 28724
- km: 77485

$22,450
$229* Bi-weekly

08 BMW Z4 3.0i
- Convert, Auto Load, Lthr, A/C
- st: 29656
- km: 20545

$34,850
$270*** Bi-weekly

06 Santa Fe
- Load, A/C, Auto
- st: 29790
- km: 95236

$10,830
$114* Bi-weekly

07 Yaris
- Std
- st: 29044
- km: 77412

$8,350
$76** Bi-weekly

09 Nissan Versa
- Load, A/C, Auto
- st: 29828
- km: 55589

$11,850
$96*** Bi-weekly

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